



2005/2006 was a challenging year for the North West Training and Development Team. A challenge that together we have successfully met.

In April 2005 we outlined what we felt to be the challenges facing the North West Training and Development Team Commissioning

Group given the feedback from across the Region and the fact that there was a great deal of support to maintain the team.

We agreed that we needed to:

Promote and facilitate inclusion –

- We have now got better links with self advocates, families and lead officers although there is still room for improvement.
- We have managed to raise awareness of learning disability services within CSIP through links with CAMHS/ NIMHE and across the Sector Skills Productivity Alliance.
- We have made good links with the Regional Centre for Excellence and national initiatives like Getting to Grips with the Money, the Individual Budget pilots and In Control and are supporting the links between these developments alongside colleagues from across the Region.
- We have revised the voucher system to create more opportunities for joint working and to make some of this time available to families and self advocates.
- The Task Force has been re-energised and developed a Constitution and priorities for 2006/07.

in 2006/2007

- We need to identify ongoing support for the Regional Task Force and to pay real attention to how self-advocates and families can be supported properly to take part in meetings including before and after meetings and be involved in the work that arises.
- The region needs to put more effort into responding actively to the issues identified by the Regional Self Advocates Conference and Family Forum.
- The links with the Regional Centre for Excellence, Individual Budget pilots and In Control will support the 'joined up' development of personalised services that put people in control in the north west.
- We need to consider how the region can support the workforce development agenda across the region, links with the Sector Skills Productivity Alliance will support this.

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- We need to consider how the NWTDT can support providers across the Region.
- We need to further develop our relationships with external bodies that can support the agenda for learning disability.
- We need to develop quality standards in relation to the work we do.

Manage and develop the business –

- The team restructure was agreed and implemented within 6 months, agreements are now in place with all team members.
- Service Level Agreements have been developed and are well on the way to being in place across the region.
- The NWTDT is now in a better position to respond more flexibly to the needs of the region.
- NWTDT continues to be involved in the development of In Control across the country and will play a key role in supporting the north west.
- The Constitution has been reviewed for the Commissioning Group and the Task Force.

in 2006/2007

- We need to develop the number and range of associates working for the team to meet the needs of the Region and support information/skill sharing.

- We need to think about how the work we do is publicised – the North West Training and Development Team sometimes feels better known and regarded outside the region and at times feels invisible in the north west. The Commissioning Group with the team need to raise the local profile of the NWTDT.

Be proud of what we have done and what we will do – and tell people about it -

- We have developed the website further and the newsletter, more work is needed though.
- The report submitted to the Commissioning Group is made available to the region through the website so there is a wider understanding of the work we are doing.
- We are building better links with academic institutions across the region to support shared learning and the evaluation of the development work we are involved with.
- Whilst this last year was challenging we feel that next year we need to concentrate on how the NWTDT develops and builds a stronger more diverse team which can respond to the needs of the region and maintain strong links in influencing service development nationally.
- The new White Paper ‘Our Health, Our Care, Our Say’, the proposed Independent Living Bill being consulted on through the Disability Rights Commission etc. and the positive links being made nationally and locally to support people with a learning disability and their families be more in control of the support and services they are entitled to are making this an exciting time filled with opportunities and challenges which we believe the north west is well placed to take a lead in.

Team members would like to thank colleagues and friends from across the North West for your support, we look forward to building on the foundations we have developed together over 20+ years so that we can achieve our mission – **‘to facilitate the full inclusion of people with learning disabilities in community life, through partnerships with people with disabilities, families and organisation.’**

Welcome to the team

Dene Donalds will be joining the team in September as the Learning & Workforce Development Manager. The focus of this role is to link with other organisations/alliances locally, regionally and nationally in relation to the issues affecting workforce development & training and how the Health & Social Care workforce will respond to the personalisation agenda.



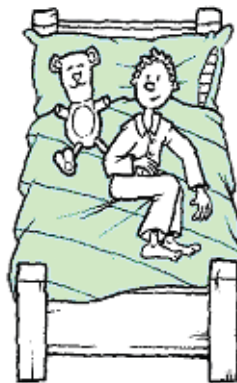
Family led postural care skills training

An exciting opportunity to develop family led postural care services is being made available to people in the north west. Postural Care is gentle, respectful, consistent and effective. It protects and restores body shape, muscle tone and quality of life.

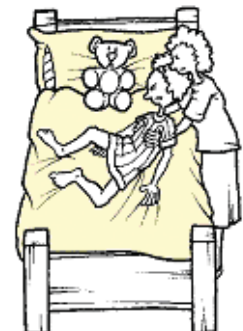
People who find it difficult to move or spend a long time sitting down in a wheelchair, for example, need advice, support and sometimes special equipment to help them protect their body shape.

If we leave people in damaging positions, particularly at night, their body shape can change.

Lying with your legs over to one side all the time can make it difficult to sit straight...



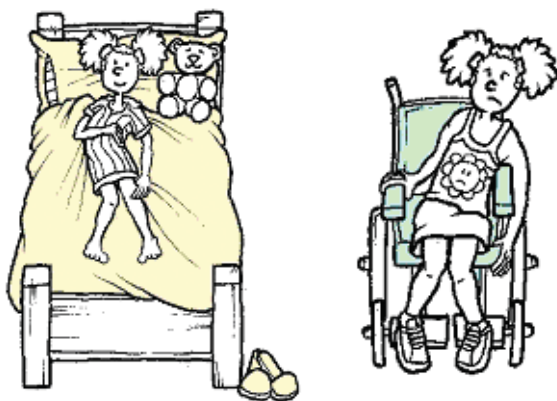
Lying in an unsupported position for long periods of time can make you feel stiff and uncomfortable. This can make getting up painful in the mornings.



Lying with your knees together can make it hard to walk. It could also cause problems with your hips and knees.



If we think about it the position we lie in has a big impact on how we sit and stand.



Postural care is all about protecting your body shape. This means that we have to support your body most of the time, when we are lying down, sitting and standing. Postural care is very gentle; it isn't about stretching and exercises to change your shape. Postural care can be used even if your body shape has changed already so your age doesn't matter.

Sometimes people have to have operations because of their body shape, postural care should also be happening at the same time.

Learning to lie straight is really important. Sometimes all you need is a couple of towels and cushions but you do need to be given the information to allow you to make choices.



Changes in body shape have a big impact on how comfortable we are, whether we can do certain things, the sort of equipment we need and of course how healthy we are.

Postural care needs to be reasonably constant day and night so individuals, their families and personal assistants are the only people who can make it happen. They need to be in charge!

The principles of postural care are not intuitive so families and personal assistants do need training, advice, support and equipment to provide effective postural care safely and humanely. Once they have the information most families and personal assistants are then able to use their vast experience and common sense to solve any problems.

The Postural Care Skills Programme provides the training needed for families and personal assistants so that they can confidently protect those they care for. It also means that they are well informed should their situation change in the future. This training is quality assured (it is checked by the Open College Network to make sure it is up to scratch) and accredited (this means that you can gain credits towards qualifications if you want to).

The North West Training and Development Team, and the Helping Hand Company (Ledbury) Ltd are funding the training of two tutors to provide postural care skills training. These will be either an individual with movement difficulties or a family carer. They will be supported by Janice Fidler, a physio who already offers the postural care training in the region, during their training with the NWTDT.

For more information take a look at the Postural Care Training website www.posturalcareskills.com

For an application form please contact Sarah Hill at sarahhill@posturalcareskills.com or on 07729 552626.

Closing date for applications Friday 15th September.

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I can get a job / I want to work



The Department for Work and Pensions has issued two documents "I can get a job" and "I want to work", aimed at people with a learning disability and the people who support them. They looked at the issues around people getting real paid work and the issues surrounding benefits.

Both these documents can be downloaded from the Valuing People website at www.valuingpeople.gov.uk/EmploymentGuides.htm



Person Centred Approaches to Opportunities in Day Supports

Liverpool - ...changing how we support people to have better days.



The story so far....

In Liverpool people use day services in a number of resource centres across the city. NWTDT have been asked to support developments that will build on peoples' strengths and capacity to do things that result in having a better life with the support they need to do it.

Why

Although there is an acknowledgement that day services have changed, people often still do not get to do things that are about who they are. There is a real commitment to change services so people can get involved in more ordinary activities, bringing connections to their communities in Liverpool.

What

To support and help achieve this change NWTDT, Merseyside Partners, family led organisations, and Karen Flood from First Step will work over the next year with partners from all perspectives to Learn through Action about how to make a positive difference with real outcomes for people.



The first part of the programme is to work with leaders across day services for all groups of people who use these services to agree how we can work together. A programme of mapping what this would look like and who are the people who will support this development, plus who the people are we need to work with and what new connections can we make to support our work is underway.

Part of the mapping exercise is about finding ways to manage time, energy and resources to make ideals turn into reality.



One of the actions has resulted in a group of map finders working towards more effective ways to listen, plan and design supports for older people who use services.

“We work with people who are older, who have been citizens all their lives, we need to continue to respect and sustain that, they are still active citizens in local communities.”

The leadership mapping through change will continue to meet and learn how to maximise positive actions and minimise the barriers that are blocking people being supported in what matters from their perspective.

People Planning for Themselves

Part of the work that First Step and the team will be doing will be to effectively support individuals in developing and keeping control of their own lives. A mentoring workshop will provide real practical skills of learning about being self determined in saying how people wish to be supported.

The first mentors will then be able to build capacity to support people in learning how to have a say and more importantly how to make others act on what they learn.

Person Centred Planning will provide a useful way of finding out what people want

It will be impossible to say everyone will have a plan but across the city we hope to work with people in a way that works for them being creative and Learning from Doing. We hope to promote working in a person centred way.

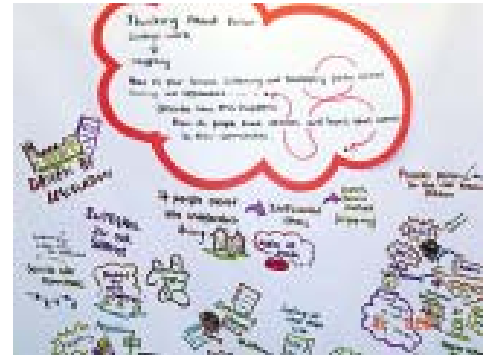
This might mean people trying lots of things so they can decide what they enjoy. We will work one day a week in a number of day centres to record what people have enjoyed, we will advocate that you don't have to lose a service to move on and do other things.

Working with the developers and creators – creating small sparks

There are many facilitators already within the day services and generally across the city. NWTDT will be supporting coaching and mentoring to implement peoples plans and develop person centred team approaches. Some of the future workshops will be done in development days with young people and their families to develop a plan of action in developing positive opportunities around active citizenship, mapping community connections and circles of support, especially for young people going through transition.

NWTDT is optimistic and excited about participating in a way of 'Learning through Doing' that will improve services in Liverpool. Lancaster University will be supporting people who use services, their families and their support services to share the experience through stories in what changed in people getting a better life.

For further details of this programme please contact Pauline.doyle@nwttdt.com



The 2006 North West Regional Self Advocacy Conference – Jason Rhodes, Conference Organiser



Day two began with the assistant director of 'In Control', Julie Stansfield, explaining what 'In Control' and Individualised Budgets are all about. Mark Shrimpton from the Disability Rights Commission then talked about the Independent Living Bill.

To round up the day Lizzie Reilly collected peoples views on the 'Roving Mic'.

The evening entertainment included a disco and karaoke. A good time was had by all (including the conference organiser).

The final day opened with a presentation from Sean Gamage about transport issues.

As a part of the conference, we were asked to let the National Forum and the Disability Rights Commission know what the three top issues are in the north west for people with a learning disability. The conference actually identified 18 big issues, these were whittled down to three by a vote.

The top 3 issues identified by the NW regional conference were -

- Give us the money to buy the services we want. Individualised Budgets and Direct Payments can give us a real choice.
- We want Independent Advocates whenever we need.
- We want real jobs and to get paid the same as everyone else to help achieve equality.

Wow! Doesn't time fly when you're conference organising. Another year, another conference. This time the Britannia Hotel in Wigan was the venue during a winter March. Around 90 people attended from 26 organisations right across the region.

The conference started with a drama group called "Simply The Best".

Ibrar Riaz and Lee McDermott, the two regional reps, gave us an update from the National Forum, they were followed by Paddy Burke, co-chair on the Regional Task Force, who gave us a north west update.

After lunch on the first day Salford 'Being Heard' organised several workshops on personal relationships, this was enjoyed by everyone and a number of friends were made on the speed dating.



To end the conference a singing group from Standish High School entertained us before Gulam Robbani thanked everyone and wished everyone a good journey home.

For further information about the North West Regional Self Advocacy Forum or upcoming events please contact Jason Rhodes on 01254 306850.

NWTD 2006/07 Events & Training

North West Regional Network Meetings

Network meetings are free to subscriber organisations. To book a place please contact Sue Canavan at the NWTD office. For further information about the meetings please contact the lead consultant directly.

<u>Network</u>	<u>Date / Venue</u>	<u>Lead Consultant</u>
NW Health Network	Dates & Venue to be arranged	Janet Cobb
Transition Network	9 th Nov, Glaxo Centre, Liverpool	Pauline Doyle
Ethnicity Network	26 th Oct, Venue, NWTD Office	Nabela Rahim
Day Opportunities Network	6 th Sept, Alternative Futures, Accrington 6 th Dec, NWTD Office 1 st Mar 2007, NWTD Office	Paul Clarke
Trainers Network	7 th Sept, NWTD Office 7 th Dec, Venue TBA 28 th Feb 2007, NWTD Office	Paul Clarke

NWTD Regional Training Events

These chargeable events are available to organisations and individuals across the North West. For further booking information please contact Sue Canavan at the NWTD office. To discuss the course content or enquire about in-house/tailored training please contact the lead consultant directly.

<u>Training Events</u>	<u>Dates / Venue</u>	<u>Lead Consultant</u>
Partners in Policymaking	Sept 2006 – May 2007, Wigan Investment Centre	Lynne Elwell
Person Centred Reviews	4 th , 5 th & 6 th Sept, 4 th Dec NWTD Office	Helen Sanderson
National PCP Co-ordinators	18 th & 19 th Sept, Marriott Hotel, Worsley	Helen Sanderson
'A Balancing Act'	27 th Sept, 7 th Nov & 6 th Feb 2007 <i>A conference & 2 day workshop</i> Accrington	Janet Cobb
Planning with People – Managing Risk events	<i>2 x one day events</i> 29 th Sept, 5 th Dec, NWTD Office	Pauline Doyle

'Making Services Work for all Communities' programme	Starting October 2006 <i>5 days over 6 months</i>	Nabela Rahim
Skills for Best Practice (Merseyside & Cheshire)	Starting 3 rd October <i>4 days in total (Oct 06-Jan 07)</i>	Paul Clarke
Skills for Best Practice (Lancashire & Cumbria)	Starting 4 th October <i>4 days in total (Oct 06-Jan 07)</i>	Paul Clarke
Skills for Best Practice (Greater Manchester)	Starting 5 th October <i>4 days in total (Oct 06-Jan 07)</i>	Paul Clarke
Graphic Facilitation	12 th Oct, NWTDT Office	Nabela Rahim
Cultural & Spiritual Awareness event	19 th Oct, NWTDT Office	Nabela Rahim
John O'Brien / Individualised Budgets for childrens and young people	Nov 06 & Feb 07 Venue to be arranged	Phil Palmer
Managing Change Through Innovation	Starting 6 th November <i>6 days in total (Nov 06-Feb 07)</i>	Paul Clarke
Support Planning (Michael Smull / Helen Sanderson)	29 th November 2006, Venue to be arranged	Helen Sanderson
Dysphagia & Postural Care Conference	Late 2006 Venue & date to be arranged	Janet Cobb
Day Services Opportunities Conference	27 th Feb 2007, Venue TBA	Paul Clarke
Alternatives to Special Care Units	<i>2 x two day events</i> 28 th & 29 th Sept, Venue TBA & 8 th & 9 th Feb 2007, Venue TBA	Paul Clarke
North West Regional Self Advocates Conference	31 st Jan– 2 nd Feb 2007, Pontins, Blackpool	Jason Rhodes

Contacts Information:

Sue Canavan	Admin / Bookings	sue.canavan@nwttdt.com	01254 306850
Paul Clarke	Day Services	paul.clarke@nwttdt.com	07773 348320
Janet Cobb	Health	janet.cobb@nwttdt.com	07980 754448
Pauline Doyle	PCP	pauline.doyle@nwttdt.com	07977 015646
Lynn James-Jenkinson	Director	lynn.james-jenkinson@nwttdt.com	07970 900226
Lynne Elwell	Family Leadership	lynne.elwell@nwttdt.com	07773 348311
Phil Palmer	Office Manager	phil.palmer@nwttdt.com	07971 176240
Nabela Rahim	Ethnicity	nabela.rahim@nwttdt.com	07969 070291
Jason Rhodes	Self Advocacy	jason.rhodes@nwttdt.com	01254 306850



Getting to know you, The 60 seconds challenge – Dave Spencer

Dave will take up the post of the Valuing People Support Team Regional Co-ordinator on 14th August.

He has worked for people with a learning disability for 24 yrs. Initially he trained as a nurse in Lancaster and worked to help resettle people from the long stay hospitals and plan new services. He then worked for social services, resettling more people, managing provider services, and an employment service. For the last four years he has been a Commissioning Manager.

Dave has a strong commitment to employment, person centred approaches and building natural community connections.

Who has been the biggest influence on your work life?

I can't just pick one, there's several, and most of the positive influences have been people using services, like Peter Jones, and my friend Gwen White.

What is your most treasured possession?

The family history my grandfather started, my grandmother continued, an aunty finished off, and which I keep promising myself I'll bring up to date.

What is your greatest extravagance?

I have a strange weakness for camping equipment. I also buy far too many books.

Which words or phrases do you most over-use?

"Splendid"

What do you most value in your friends?

Knowing they think about me.

What is your motto or word that mean a lot to you?

"You're as good as anyone else, but no better."
(Granddad again)

What is your favourite cheese?

Tasty Lancashire

What is your favourite piece of music?

Depends on the mood I'm in but Freebird by Lynyrd Skynyrd is always a favourite.

What is your favourite film?

It's a Wonderful Life

What book are you reading at the moment?

A Daniel Easterman thriller.

Do you have a surprising or unusual hobby or skill?

I am trying to teach myself to play the Mandolin.

We have moved ... but not very far !



The NWTDT Team has recently moved offices. For those of you who have visited the old offices, we are still on the Globe complex site approximately 100 yards from the old office.

For our new address see the contact box at the bottom of this page. Our

contact numbers remain the same, you can ring us on 01254 306850, fax us on 01254 235913 or email us on info@nwtdt.com. If you want to contact individual team members please look in the contact page on our website – www.nwtdt.com.

If you have any comments or suggestion for future issues then please let me know.

Phil Palmer, NWTDT
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Devonshire Fruit Loaf (Cider Loaf)

3/4lb mixed fruit
1/2 pint of cider (organic is best)
10oz self raising flour
6ozs soft brown sugar
2 eggs



Method:

Soak the fruit in cider overnight in a pan. After overnight soak, boil in the pan for two minutes and leave to cool. Mix the flour, sugar eggs and fruit together.

Place in a lined loaf tin.

Bake for half an hour gas mark 3, electric 350f (fan assisted 160f) then half an hour at gas mark 2. electric 325F (fan assisted 150F)

Leave it to cool before removing from tin. When cold wrap in foil and store for 2/3 days before eating.